

Requested: 11:04 AM on [REDACTED]

Chat Name: [REDACTED]

Hostname: [REDACTED]

IP: [REDACTED]

---

Welcome to VeteransChat, Angela will be right with you.

Angela 11:04:20 AM

Thank you for contacting Veterans Chat. How may I help you?

[REDACTED] 11:04:36 AM

just need someone too talk with

Angela 11:04:50 AM

What's bothering you today?

[REDACTED] 11:05:27 AM

ive been in thyrephyfor almpost a year and it seems like iam a hopeless case

[REDACTED] 11:05:51 AM

iam on meds for depression too

Angela 11:06:04 AM

How often do you see your therapist?

[REDACTED] 11:06:20 AM

once per week at [REDACTED]

[REDACTED] 11:07:00 AM

Are you a veteran?

[REDACTED] 11:07:47 AM

iamm aggrty with my self and think i have failed my best friend who died inn vietnam and my uncle who died in a b52 crash the same year in 1969

[REDACTED] 11:08:01 AM

yes iam nave abd airforce

Angela 11:08:26 AM

Thank you for your service, [REDACTED]

[REDACTED] 11:08:28 AM

exquise my typeing and spelling

Angela 11:08:43 AM

How do you think you have failed your friend and uncle?

[REDACTED] 11:09:10 AM

well i should have been the on e who died in vietnam

[REDACTED] 11:09:28 AM

they are such better person than iam

Angela 11:09:58 AM

But you didn't and you can honor them by doing your best to live a quality life

[REDACTED] 11:10:00 AM

i tried to get on a river patrol boat but my chief at the time would not let me go

[REDACTED] 11:10:32 AM

I wish it was as easy as that 43 years thinking of that

[REDACTED] 11:11:15 AM

iam depressed and crying and dont know where i will go with this

Angela 11:11:45 AM

[REDACTED] there is no going back. You survived and you are beating yourself up for still being here. What does your therapist tell you to do when you get depressed like this?

[REDACTED] 11:11:48 AM

i should be happy with my life but am not

Angela 11:12:12 AM

What does happiness mean to you? When was the last time you enjoyed yourself?

[REDACTED] 11:12:20 AM

she tries to explain that i have to think postive

██████████ 11:12:31 AM  
been a long time

Angela 11:12:35 AM  
I know that is easier said than done, right?

Angela 11:12:51 AM  
Do you have a significant other or children?

██████████ 11:13:16 AM  
i dont like wasreing anyones time i have a wife and son

Angela 11:13:34 AM  
Do you do things with your family that make you happy?

██████████ 11:13:46 AM  
I have not been the best parent or husband haveing angry moments

Angela 11:13:47 AM  
Are you proud of your son?

██████████ 11:14:09 AM  
yes iam proud of him hes such a better father than i was

██████████ 11:14:45 AM  
i want to stop therpthy and get off the depression drugs

Angela 11:14:46 AM  
Well, learn from him, ██████████. You must have left some impression on your son for him to know how to be a good man. Give yourself some credit

██████████ 11:15:03 AM  
na he has a good mother

██████████ 11:15:15 AM  
she as put up with too mujch too me

Angela 11:15:17 AM  
Why would you stop therapy and get off medication when you are obviously still struggling with depression?

██████████ 11:15:40 AM  
it would be easier if i was not here

Angela 11:16:01 AM  
Your son inherited from both parents. How would your family feel if you took your own life?

██████████ 11:16:04 AM  
yhey have to walk on tippy toes when iam around

██████████ 11:16:27 AM  
well i know they would not have to worry about me

Angela 11:16:59 AM  
What do you do to prevent them from having to walk on tippy toes around you? What do you do to create a less tension filled homelife?

██████████ 11:17:04 AM  
I hate my life and the way i haved treaded people

Angela 11:17:23 AM  
Change how you treat people.

██████████ 11:17:36 AM  
i usually sit there like a dummy or go away by my self

██████████ 11:17:49 AM  
i try belive me i do

██████████ 11:18:01 AM  
but keep slipping back

Angela 11:18:20 AM  
It sounds like you are tired of the struggle and I don't blame you but there are people who love you and would be very hurt if you harm yourself

██████████ 11:18:31 AM  
when a soldger dies i can baqrly stand it

Angela 11:18:59 AM  
Are you mourning the soldier or feeling survivors guilt that you still live?

11:19:17 AM

its only been a year that i found out why i waqs like i was for 43 years

11:19:25 AM

both

Angela 11:19:32 AM

And what was the reason?

Angela 11:19:47 AM

What did you find out?

11:20:28 AM

that i have problems to work out and i tery but keep falling in this pit of hateing my self

11:20:58 AM

which in turn i get angry fast

11:21:09 AM

and isolate my self

Angela 11:21:37 AM

Yes, you have problems to work out, but free your mind and spirit and let yourself accept the help.

11:21:50 AM

there is a lot to say when a man want to go into the big woods and be alone

Angela 11:22:01 AM

I don't understand

11:22:12 AM

i dont know who to trust any more

Angela 11:22:33 AM

Trust is earned. Do you trust your family?

11:22:54 AM

they are all special in and i thank them for trying to help me

11:23:15 AM

yes i trust my family but dont think they trust me

11:23:35 AM

but i think iam at the end

Angela 11:24:14 AM

It sounds like you have a good connection with your clinicians but do you love and trust yourself? It sounds like you beat yourself up so much that how can you let anyone in to show you love and trust?

11:24:33 AM

i thank you and your co workers for being here for the guys and girls who as served

11:25:07 AM

i dont love or trust my self

Angela 11:25:15 AM

I appreciate that and I thank you for your service. I pray that you continue to be here for your family especially your son and grandchildren

Angela 11:25:37 AM

Don't give up on yourself

11:25:46 AM

i dont want to live like i have

Angela 11:26:25 AM

I hear you but try something different and I don't mean killing yourself. What don't you like about yourself?

11:26:27 AM

ive got to go and hAVE a a good cry

11:26:45 AM

thanks for your time

as ended the chat.

Requested: 1:15 AM on [REDACTED]

Chat Name: [REDACTED]

Hostname: [REDACTED]

IP: [REDACTED]

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Welcome to VeteransChat, MichelleZ will be right with you.

MichelleZ 1:15:19 AM

Welcome to Veterans Chat [REDACTED], how can I help you?

[REDACTED] 1:15:57 AM

Hi I'm contacting you because I am going through a breakdown

MichelleZ 1:16:33 AM

I am glad that you came here. What is going on that is causing you to have a breakdown?

[REDACTED] 1:16:58 AM

I just got into a fight with a friend about something that happened on Friday night

[REDACTED] 1:17:21 AM

and now I feel like everything else that has been bothering me has just added up

MichelleZ 1:17:29 AM

Having fights with friends can lead to a lot of mixed emotions.

[REDACTED] 1:18:04 AM

Well it's more of the actual incident and what happened

[REDACTED] 1:18:46 AM

I was drinking with some new people I met and they were asking me all kinds of questions about when I was deployed and things like that

[REDACTED] 1:19:15 AM

my friend had told them I was in the Army and was in Iraq, I just got out in September

[REDACTED] 1:19:46 AM

and I blacked out cause I drank a lot and her friend said he was "scared" of me and she also said she was "scared" of me

MichelleZ 1:19:52 AM

That can be a difficult conversation that can bring up a lot of uncomfortable memories and emotions, as well as feeling like people don't understand.

[REDACTED] 1:20:08 AM

yea it did at times I do remember that

[REDACTED] 1:20:22 AM

I drove home drunk and I have never done that before

[REDACTED] 1:20:28 AM

I don't remember most of the night

[REDACTED] 1:20:48 AM

that is very unusual for me I drank a lot more in the Army

MichelleZ 1:20:56 AM

So based on the fact that you were in the Army they said that they were scared of you? That must have hurt.

[REDACTED] 1:21:30 AM

I don't know they said since I was in the Army I was scaring and the way I was acting or something. But I know I never act like that

MichelleZ 1:21:31 AM

Sounds like you are feeling bad that you drove home drunk, and concerned that you got so intoxicated that you blacked out.

MichelleZ 1:22:03 AM

Do you know how you were acting?

[REDACTED] 1:22:05 AM

Well I'm more concerned that the things they said I was saying and I wrote on my live journal

[REDACTED] 1:22:16 AM

I have never driven drunk before

[REDACTED] 1:22:39 AM

I have blacked out in Germany but not after drinking like I did on Friday

MichelleZ 1:23:45 AM

It sounds like the whole situation has left you with a lot of questions. Do you think that your drinking may have become problematic?

1:24:00 AM

no it was the first time I had drank in almost a month

1:24:48 AM

I wrote that I wanted to kill myself and that I was to blame for stuff that happened in Iraq and what a loser I was and how I don't deserve to live

1:24:56 AM

I've never been like that while drunk ever

MichelleZ 1:25:50 AM

So for some reason, maybe the conversation with the new friends, triggered a lot of painful feelings that you shared on your live journal, maybe feelings you didn't realize you had before?

1:25:51 AM

they said I passed out and I would wake up screaming and saying we were under attack by IDF

1:26:23 AM

I have those feelings but I don't talk about them

MichelleZ 1:26:28 AM

As far as you know, were those the first nightmares you had?

1:26:53 AM

no I've had nightmares about that and woke up screaming

1:26:59 AM

but it's very rare

MichelleZ 1:27:22 AM

Sometimes, when alcohol decreases our inhibitions, things that we usually hold to ourselves come out. It seems though, that even though you don't talk about it, you are hurting.

1:27:30 AM

yes

1:27:45 AM

I'll be honest I have been smoking THC to help with my anger problems and stuff

1:28:04 AM

I think it may be triggering my symptoms more now than I originally thought

MichelleZ 1:28:37 AM

It sounds like there are a lot of things working together right now that might be triggering you. I am concerned about where you are in terms of having thoughts of suicide tonight.

1:29:03 AM

I came on here cause I thought I was close to having thoughts of suicide

MichelleZ 1:29:21 AM

Can you describe what you are feeling tonight to me?

1:30:23 AM

I just feel so unhappy all the time, I feel like I'm trying to help myself get back into civilian life but I keep losing friends, I can't get a job and I just feel hopeless

1:30:31 AM

I wake up so unhappy

1:31:17 AM

I mean I know I shouldn't be smoking pot and I shouldn't be drinking or anything like that but I just cannot find anything that will help me feel better

1:31:37 AM

I can't imagine going through the rest of my life like this

MichelleZ 1:32:15 AM

That is a lot of pain and a lot of uncertainty that you are dealing with right now, sometimes, we try anything, even when we know it probably might not be the best choice, to find some relief.

MichelleZ 1:32:33 AM

I do think that there are ways for you to feel better though.

MichelleZ 1:32:46 AM

Have you thought about getting any mental health treatment?

1:33:03 AM

yes but it hasnt worked in the past

1:33:42 AM

I am in a clinic near my home, the VA asked me to switch over health care to the main office cause they may have more appointments

MichelleZ 1:34:01 AM

Sometimes these things do take time to see the impact of treatment.

1:34:07 AM

its just getting into Philadelphia is difficult with gas prices

MichelleZ 1:34:23 AM

Have they said that they can help you with travel expenses?

1:34:37 AM

no i dont think anyone mentioned that

MichelleZ 1:35:51 AM

I think that might be something that can be looked into. We have coordinators who can help you with that, would you be interested in having someone call you and then we can put in a referral.

1:36:00 AM

i just am really embarassed by myself i think moving again might help

1:36:20 AM

right now my phones do not work cause of the bills

1:36:34 AM

im in a tight situation

MichelleZ 1:37:25 AM

That is hard to feel so embarrassed, but really, having nightmares isn't anything to be ashamed of. They might not have realized it, but its possible that the questions that they were asking triggered you

MichelleZ 1:38:14 AM

Its late right now, but in the morning would you have access to a pay phone? Our number is toll free.

1:38:30 AM

yes i can use my nieghbors phone

MichelleZ 1:38:35 AM

I can also give you the name of the contact person in Philadelphia.

1:38:56 AM

i think i have a contact number for philadelphia

MichelleZ 1:39:01 AM

Good, and if they are willing to allow the contact to leave messages, that would help too

1:39:09 AM

i think so

MichelleZ 1:39:17 AM

Is it [REDACTED]?

1:39:23 AM

yes

1:39:33 AM

I have her card

1:40:07 AM

actual i have [REDACTED]

1:40:24 AM

[REDACTED] has ended the chat.

Requested: 12:44 PM on [REDACTED]

Chat Name: [REDACTED]

Hostname: [REDACTED]

IP: [REDACTED]

---

Welcome to VeteransChat, Angela will be right with you.

[REDACTED] 12:45:06 PM  
hi angela

Angela 12:45:14 PM  
Thanks for contacting Veterans Chat. How may I help you?

[REDACTED] 12:45:39 PM  
Angela i need help and dont know what to do

[REDACTED] 12:45:53 PM  
I have been suicidal for several months now

[REDACTED] 12:46:07 PM  
I have stopped taking my meds hoping i would die

Angela 12:46:54 PM  
[REDACTED] I am sorry that you have had such a hard time. What has been going on that has led you to want to die?

[REDACTED] 12:47:22 PM  
I lost my wife tow years ago and wish it had been me

[REDACTED] 12:47:46 PM  
I have bad dreams

[REDACTED] 12:48:19 PM  
I lost my purpose ifthat makes sense

Angela 12:48:28 PM  
I am so sorry for your lost, [REDACTED]

Angela 12:48:47 PM  
Have you been seeing a clinician or just taking medication?

[REDACTED] 12:49:06 PM  
bith havent seen anyone in awhile sincei moved

Angela 12:50:17 PM  
I know that you are in a great deal of emotional pain but I would really like to have you connect with someone .

Angela 12:50:34 PM  
Were you being treated at the VA?

[REDACTED] 12:50:43 PM  
yes

[REDACTED] 12:50:57 PM  
whats the point

[REDACTED] 12:51:27 PM  
I dont know what to do

Angela 12:51:30 PM  
Obviously, you're hurting, [REDACTED] medications just aren't enough sometimes

Angela 12:52:07 PM  
You have a lot of pain that has kept you in a state of depression. Do you have any family or close friends who give you emotional support?

[REDACTED] 12:52:11 PM  
who do i talk too

Angela 12:52:35 PM  
We can help you get connected to a counselor in your area.

[REDACTED] 12:52:45 PM  
THEy dont know what to do

Angela 12:52:53 PM  
What do you mean?

[REDACTED] 12:53:23 PM

Everyone is afraid to say anything

Angela 12:53:23 PM

Did you work with someone that you didn't have a good rapport with?

12:53:45 PM

i quit working

Angela 12:54:10 PM

You quit working with the counselor or do you mean you quit being employed?

12:54:26 PM

im not employed

12:54:53 PM

since i moved from alabama to mississippi i havent been with a counselor

12:55:59 PM

its been since janyary

Angela 12:56:05 PM

Would you be willing to at least connect with a therapist at the nearest VA medical Center?

12:56:32 PM

yes

12:57:14 PM

where r u

Angela 12:57:16 PM

Great, thank you Can I have someone call you to make the referral? You will be speaking with a therapist within 24 hours

12:57:33 PM

ok

Angela 12:57:49 PM

What number can you be reached at right now?

12:58:06 PM

12:58:13 PM

ty for your help

Angela 12:58:35 PM

You're very welcome. Please hold one moment while we call you

12:58:36 PM

I dont know what to do

Angela 12:59:12 PM

I understand and I am glad that you came here today

Angela 1:00:30 PM

someone will call you in a moment. Please let me know when you receive the call, okay?

1:01:09 PM

ok

1:01:15 PM

Thanks

1:02:01 PM

I used to be great at handling stuff

1:02:15 PM

now i cant seem to focus

1:03:01 PM

you know its gonna take time for them to call

1:03:15 PM

ill understand if u need to go

1:04:01 PM

i got a call

Angela 1:04:25 PM

Okay thanks

Angela 1:04:32 PM



Good luck with everything  
Angela has ended the chat.

Requested: 11:04 PM on [REDACTED]

Chat Name: [REDACTED]

Hostname: [REDACTED]

IP: [REDACTED]

---

Welcome to VeteransChat, [REDACTED] will be right with you.

PatrickS 11:05:26 PM

Welcome to Veterans Chat, [REDACTED]. How can I help you?

[REDACTED] 11:07:23 PM

Hello I'm been having dreams for the last week where I end up destroying myself. This is the first time this has happened. And I'm very concerned.

PatrickS 11:07:57 PM

I see, I can understand that it is a concern for you.

PatrickS 11:08:04 PM

Are you a Veteran?

[REDACTED] 11:08:46 PM

yes I was in-between 1976-1977

PatrickS 11:09:12 PM

OK. So these dreams of destroying yourself started in the past week?

[REDACTED] 11:13:10 PM

yes I'm been unemployeed for the last 2 1/2 years and have not received any assistance from the government. I'm been able to survive on assistance from the family while I was attending school now the money is just about gone. I've one fail marriage and I've been looking to obtain Any job and cannot seem to find it. I've basically failed at all I've tried and the pressure had kept building up for over the last 2 years.

PatrickS 11:14:06 PM

So you are very overwhelmed at this point and things have been building up for quite some time now.

[REDACTED] 11:15:09 PM

yes i am gone to church and that helps a little. but this seems to help for a little bit but now I just don't know why this is happening

PatrickS 11:15:45 PM

I can understand you having a lot of questions.

[REDACTED] 11:16:38 PM

I thought i could handle it but i'm afraid if these feeling persist I just Dont know.

PatrickS 11:17:08 PM

I can see how difficult this has been for you [REDACTED] Are you feeling suicidal?

[REDACTED] 11:18:58 PM

No, but llike I said before this has never happened before. I gone thru some down times and have always came back from them, this this the longest this has gone on and everthing i'm tried has failed.

[REDACTED] 11:19:35 PM

are you getting any mental health support?

[REDACTED] 11:19:52 PM

no

PatrickS 11:20:16 PM

Would you like to find out about what kind of help may be available and how to get it?

[REDACTED] 11:20:51 PM

it's been a while since i was discharged. Yes, if it will stop these dreams.

PatrickS 11:21:54 PM

Would it be OK for someone from the Veterans Crisis Line to call you now to do a referral to the Crisis Coordinator at your local VA so they could contact you and tell you about services?

[REDACTED] 11:22:20 PM

yes

PatrickS 11:22:38 PM

What is your phone number?

[REDACTED] 11:23:27 PM

[REDACTED] only have 1 phone jack so I can only be on the computer or on the phone

PatrickS 11:24:46 PM

OK, I'll tell you what. We will end the chat, but if for some reason you do not get a call in about 5 minutes or so, would you please come back to chat again and we will try again?

11:25:18 PM

yes

PatrickS 11:25:43 PM

OK, best of luck and take care. Someone will be calling soon.

PatrickS has ended the chat.

Requested: 6:54 AM on [REDACTED]

Chat Name: [REDACTED]

Hostname: [REDACTED]

IP: [REDACTED]

---

Welcome to VeteransChat, MichelleZ will be right with you.

MichelleZ 6:54:42 AM

Welcome to Veterans Chat [REDACTED] how can I help you?

[REDACTED] 6:55:18 AM

I'm not sure

MichelleZ 6:56:17 AM

Okay, why don't we figure out what is going on together. What happened today that brought you to chat?

[REDACTED] 6:57:06 AM

I've been fighting a lot with my bf and can't stop thinking of ways to kil myself

MichelleZ 6:58:37 AM

I am glad that you came here - it sounds like you are feeling very hopeless and extremely stressed about your relationship. I am concerned, have you done something to harm yourself today?

[REDACTED] 7:00:36 AM

I cut my palms every once in awhile to veer the thought of pan on something else

[REDACTED] 7:00:56 AM

Pain\*

MichelleZ 7:01:34 AM

Okay, so it sounds like cutting has been helping you to avoid acting on your suicidal thoughts. Have you cut yourself today?

[REDACTED] 7:02:11 AM

No

MichelleZ 7:02:30 AM

Okay, I am glad. [REDACTED] are you a veteran?

[REDACTED] 7:04:44 AM

Considered...never seen combat but served while we've been in iraq

MichelleZ 7:05:03 AM

Thank you for your service. Do you receive any mental health services at the VA?

[REDACTED] 7:06:50 AM

No, someone is helping me with that. I am getting service though. SSA benifits...

MichelleZ 7:07:28 AM

I am glad that you are connected to mental health services. Have you been working with your mental health provider about your relationship problems.

[REDACTED] 7:09:02 AM

My relationship problems is not even the begining of my issues.

[REDACTED] 7:10:45 AM

I have talked to her about I though.

[REDACTED] 7:10:53 AM

It\*

[REDACTED] 7:11:19 AM

I'm just tired

MichelleZ 7:11:22 AM

I am glad that you have been talking to her about it. Does she know about the cutting and suicide thoughts?

[REDACTED] 7:13:17 AM

She doesn't know that I've been cutting, my thoughts, she knows but I haent told her that I've been planning

MichelleZ 7:13:46 AM

Can you share with me your plans?

[REDACTED] 7:14:51 AM

suicide by cop

MichelleZ 7:15:55 AM

That is a serious plan, have you been thinking about a timeline that you want to make this suicide attempt?

16:47 AM

Before or on my "mothers" bday

MichelleZ 7:16:59 AM

When is that?

17:08 AM

end of this month

MichelleZ 7:18:51 AM

I am concerned about you it sounds like you are feeling very sad and alone and hopeless, and I am worried about your plan to commit suicide with such a short and definite timeline. Would you be willing to give me your phone number so that I could have a counselor give you a call?

7:20:06 AM

Wouldn't that ask me the same questions you are

7:20:34 AM

they\*

MichelleZ 7:21:04 AM

Yes, they would normally ask similar ones, but I would be able to give them a short summary. They could help you figure out some options to stay safe, as well as help you get connected to a Suicide Prevention Coordinator at your local VA. They would be able to help you get services there and figure out if there is any way to expedite finding your eligibility.

7:23:53 AM

I don't think I'd be able to endure the wait if I get help

7:24:26 AM

Its the reason why I don't wat to go to the hospital

MichelleZ 7:24:49 AM

I want to make sure I understand what you mean, do you mean the wait it would take to get help? Or the wait that getting help would cause for your plan for suicide?

MichelleZ 7:26:56 AM

I believe that you can benefit from the Suicide Prevention Coordinator connection, and since you are dealing with such imminent risk, I know that they, and the responder on the hotline will be able to help ensure your safety

7:28:32 AM

I don't consider it imminent though

7:29:42 AM

I'm happy with dying, the only time I feel content is the thought of it.

MichelleZ 7:30:18 AM

Right in the idea that it is not necessarily today but at the same time, you also stated you might attempt before her birthday.

7:30:21 AM

I just don't wat to jump the gun, that's why I came here I guess

MichelleZ 7:30:36 AM

What do you mean by jump the gun?

7:31:33 AM

Killing myself with the original date not being near.

MichelleZ 7:32:38 AM

So just to make sure that I know what you mean, you came to chat today so that you would not kill yourself today, so that you can end your life on your mother's birthday?

7:35:43 AM

Yeah, sounds stupid

7:36:05 AM

I just want to die happy

MichelleZ 7:37:06 AM

Sounds like you have spent alot of time feeling alot of pain, and suicide has become the only thing that seems to make sense. Can you tell me why you would die happy if you committed suicide on your "mother's" birthday?

7:38:41 AM

Because its the only thing she would approve.

MichelleZ 7:40:53 AM

Seems as though your relationship with her must have been hurtful to you. What has kept you going before now?

██████████ 41:30 AM

Music...don't really care for much anymore

MichelleZ 7:43:29 AM

So music has been a comfort to you. Is there any person who you feel connected to? I know you said that your having trouble with your boyfriend but is he still someone you care for?

██████████ 44:14 AM

Feel to numb to care.

MichelleZ 7:45:10 AM

I really would like to get you some help, it sounds like you feel so alienated and alone. Would you give me your number so a counselor could call you?

██████████ 7:47:16 AM

I'm not sure anyone is able to help me, I just want to calm myself down so I don't do it this morning.

MichelleZ 7:47:39 AM

Would you let us help you calm down today?

MichelleZ 7:47:50 AM

How can we work together to do that?

██████████ 7:49:53 AM

in the end I will still be alone, no matter how many people I speak to. I will still want to give up, its been too long of a fight.

MichelleZ 7:51:56 AM

It sounds like it has been an excruciating journey that you have been on, what if you looked at this from getting some comfort, from a personal connection, even for just a moment.

██████████ 7:54:14 AM

I'm pretty sure I will end up wasting w

██████████ 7:54:23 AM

Someones time\*

MichelleZ 7:55:05 AM

I strongly believe that you will not be wasting anyone's time. We are here for support, we want to be there for you.

██████████ 7:57:39 AM

I'm not sure they would tell me anything new other than to check in to a hospital

MichelleZ 7:59:09 AM

I can't say that that might not be something that they discuss with you, but on the other hand, you will get some emotional support.

██████████ 8:01:53 AM

its okay, I think there are so many holes in the wall of emotions that makes up who I am, they are to big to plug. I can leave though

██████████ 8:02:52 AM

I feel there is nothing else for me out there

MichelleZ 8:04:08 AM

I wonder if expecting the holes to be plugged is too large of a goal, could you think just about how you might be able to feel some relief in the moment.

██████████ 8:10:20 AM

It will all come back. I'm tired of trying to temp. fix it. I figured if I kept myself from acting for at least a half ill be ok for a while

MichelleZ 8:11:49 AM

So if you try to get support, it sounds like you are fearful that things may worsen for you emotionally? Did I get that right?

██████████ 8:13:37 AM

Woo

██████████ 8:15:51 AM

I don't know what to type because I'm creeped out that you read me through chat if that says anything

MichelleZ 8:17:55 AM

It sounds like its been a long time since someone tried to really listen, and we don't get that very often in our daily life. Even though we can't hear each other, I am doing what I can to support you now.

8:23:59 AM

I think that's what upsets me the most. I'm tired of repeating myself to people, I wish someone would have listened to me the first time. If someone would have listened the first time I asked for help I don't think I would have joined the service thinking I had something to prove. I wouldn't have gone through the stuff I went through in the service due to my depression being the devil on my shoulder.

8:25:22 AM

I'm too young to feel this old and broken.

MichelleZ 8:26:18 AM

I am so sorry for what you have gone through. I wish that I could have made that first person listen to you better. It sounds like that first time you weren't heard, ended up having a great deal of consequences that brought more pain. No one should ever feel this broken.

MichelleZ 8:27:06 AM

I know that you don't want to repeat yourself, do you think you could talk more with your current therapist about where you are emotionally and with your plans.

8:28:44 AM

There is not an appt for my shrink until next month.

8:29:35 AM

Kinda planned it that way.

MichelleZ 8:29:37 AM

Okay, oftentimes, there can be a procedure in most clinics and practices for people who are in crisis.

MichelleZ 8:30:40 AM

You have thought a great deal about how to do this without having to be vulnerable beforehand so that someone might be able to help you to chose to live.

8:31:46 AM

Yes I have.

8:32:17 AM

I am content with dying

MichelleZ 8:33:00 AM

Being vulnerable is scary, and you would have to feel some trust to allow someone in

MichelleZ 8:35:06 AM

It seems though, that there is a piece of you who is afraid to make contact with someone, a hotline counselor, your psychiatrist, because you are afraid that you might change your mind and decide to hang on. Hanging on is scary. But that is the part of you who wants to live. Who wants to continue to fight, though it is hard

8:35:52 AM

How are you doing that

MichelleZ 8:36:11 AM

I am not sure what you mean?

MichelleZ 8:37:07 AM

Is it that I am understanding you again?

8:37:17 AM

Yes

8:38:38 AM

I don't get it I guess...I've tried crisis chat before and they weren't doing that.

MichelleZ 8:38:56 AM

I guess that the way I am doing that is a combination of getting to know you from this chat at least what you have shared, and talking to other veterans and people who have felt the way that you are feeling right now. I just want to see you have some time that you feel better.

MichelleZ 8:41:11 AM

If you were up for it, I could have a counselor, who wants to give you what I have been giving you, call you. I know it isn't easy, but I do believe that it can help, even though you have felt broken for so long.

8:41:25 AM

I've been in this state of mind for a long time and its been gradually getting harder since last week.

MichelleZ 8:41:37 AM

What happened last week?

8:44:50 AM

Nothing but 2 weeks ago I tried swallowing a bottle full of crushed trazedone. Cops were called and whatnot. So I guess that was the start of the spial.

45:14 AM

Spiral\*

MichelleZ 8:46:29 AM

So since that attempt, things have just continued to get worse. Did you spend time in the hospital?

8:49:27 AM

Just a couple of hours. I was able to swallow all of it and didn't have enough in my system for them to prove anything. I didn't want to be hospitalized so I lied, said I didn't do it, contracted and they let me go.

MichelleZ 8:51:20 AM

I wonder if you would be feeling this even more painful spiral if you had gone into the hospital. But it's not too late, you can still stop the spiral in a way that chooses life.

8:51:21 AM

Wasn't able\*

MichelleZ 8:51:45 AM

Thanks, that makes it more clear.

8:54:10 AM

I'm too scared. Of the before and after. And during. I don't like feeling like I'm being institutionalized. I always wind up doing more damage to myself when

8:54:26 AM

I am in the hospital

MichelleZ 8:55:48 AM

Hospitals are scary, everything about them really. The after, when you leave, is where a lot of the work to heal can be done, once you are safe.

8:56:23 AM

My temper flares badly with other patients as well.

MichelleZ 8:57:53 AM

It sounds like you feel pretty trapped when you are in the hospital, and that anger comes out towards the other patients at times. I am going to bet you wouldn't be the first person to do so.

MichelleZ 8:59:14 AM

But what if the focus right now wasn't on making you go in the hospital? What if you were willing to truly commit to some type of a safety plan, and really give it another shot, to see if you can, with help, heal so that you don't have to be so broken.

9:01:16 AM

The hospital is where I would get sent to if I told anyone here how I feel and what I have planned.

9:03:08 AM

Either way if I was healed, there is nothing for me. It will be a vicious cycle of depression.

MichelleZ 9:04:27 AM

I want to tell you that we are having some computer issues, so if this chat ever seems to be ended by me, please come back in.

MichelleZ 9:06:46 AM

I wonder if you felt more healed emotionally, if the depressions would be as severe and as frequent.

9:07:42 AM

--PTSD, recurrent depression, and social anxiety

9:08:32 AM

I've never known what having a clear head is like.

9:10:51 AM

I don't think I could ever love anyone or understand the meaning because I've never had the experience. Life without love, there is nothing and if you can't feel or know or understand it there is no point.

MichelleZ 9:11:15 AM

I wonder if there is a way for you to not jump all the way there. It's hard to imagine the way if you have never followed the road. Take it one step at a time, with support.

9:12:04 AM

All of my friends are planning on moving and my bf had mentioned out of the blue that he was probably going with them. I have nothing.

MichelleZ 9:12:20 AM

You feel abandoned by them all.

9:12:34 AM

Stop doing that



[REDACTED] 9:13:49 AM

But yes

[REDACTED] 9:14:23 AM

Its okay though

MichelleZ 9:14:28 AM

[REDACTED], I wish you were not hurt by so many of the people in your life. Would you let me help you. Please give me your phone number.

[REDACTED] 9:15:18 AM

What would I be asked

[REDACTED] 9:15:41 AM

That you haven't already asked me

MichelleZ 9:16:09 AM

I would be able to give them a bit of what we have been talking about. Sometimes the personal connection feels more comforting on the phone.

[REDACTED] 9:18:29 AM

MichelleZ 9:19:15 AM

[REDACTED] thank you so much, I will have a counselor give you a call, let me know when you hear from them.

[REDACTED] 9:19:22 AM

I don't think its going to cang anything

[REDACTED] 9:19:40 AM

Change\*

MichelleZ 9:19:58 AM

Let's focus on this step.

MichelleZ 9:20:49 AM

I know that this chat has not been easy, it's been hard to share all of this.

The chat has ended.